



Swami Satyananda Saraswati



Shree Maa

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

Om Hrīm Śrīm Dum Durgāyai Namaḥ

Om The Infinite Beyond Conception  
Hrīm Māyā, the Substance of Awareness  
Śrīm Increase of Respect  
Dum Durgā, the Reliever of Difficulties  
Durgāyai To Durgā, the Remover of Confusion  
Namaḥ I bow

**Durgā Removes Confusions and Difficulties**

I bow to the Goddess Durgā, the Grantor of Increase, who Removes all Difficulties, and allows us to perceive the Infinity of Her Energy. She is the Divine Mother, and that is Her Power. All Shakti resides within Her.

Whoever will repeat this mantra in times of stress, at any time of difficult adversities, will immediately be freed from all concerns.

The mantra is the essence of your being. It is the eternal you. You, your divinity, your Guru and God are all one in the mantra. As you repeat the mantra, remember your true self. Repeat the mantra frequently, and dive deep into meditation.

The nature of the mind is attachment. As you repeat the mantra, allow the egoism of thought, all of those attachments of egotism and possession, of "I" and "mine", to dissolve into the bliss of divine union.

She is our Divine Mother. Her essence is Sat-Cit-Ananda, Truth-Consciousness-Bliss. Just as the space within you is the same as the space outside of you, allow Her Infinite Grace to fill your world completely.

Open up to that Grace and allow Her to dwell in your hearts. Recite Her mantra and flow into meditation. Live with that divinity both in the day and in the night, and remember that I love you. -- Shree Maa

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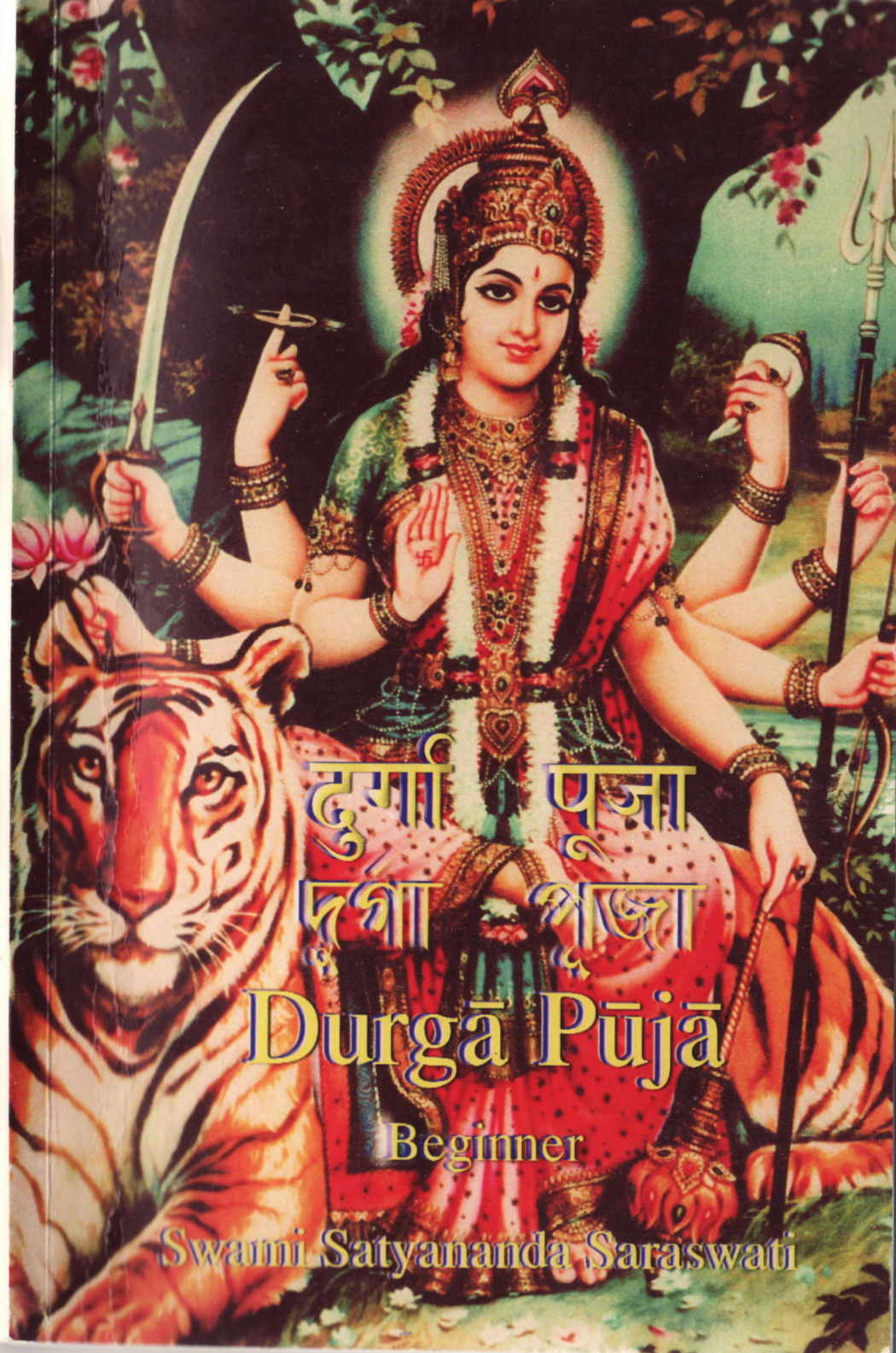
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Durgā Pūjā

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Durgā Pūjā

Pencil → edits for Emily Matangi Devi for her  
training of puja for Maa B May 2011

**BEGINNER**

by

Swami Satyananda Saraswati

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## दुर्गा पूजा दुर्गा पूजा Durgā Pūjā

Swami Satyananda Saraswati

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ॐ कात्यायनाय विद्महे कन्याकुमारी धीमहि ।

तन्नो दुर्गिः प्रचोदयात् ॐ ॥

Insert Maa B's  
Gayatri

ॐ कात्यायनाय विद्महे कन्याकुमारी

धीमहि । तन्नो दुर्गिः प्रचोदयात् ॐ ॥

om kātāyanāya vidmahe kanyākumārī dhīmahi  
tanno durgih pracodayāt om

om We meditate upon the Ever Pure One, contemplate the  
Daughter Without Flaw or Imperfection. May that Goddess grant  
us increase.

(Wave light)

ॐ अग्नि ज्योति रवि ज्योतिष्चन्द्र ज्योतिष्यैव च ।

ज्योतिषमुत्तमो देवी दीपोऽयं प्रतिगृह्यतम् ॥

एष दीपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ आग्न ज्योति रवि ज्योतिष्चन्द्र ज्योतिष्यैव च ।

ज्योतिषमुत्तमो देवी दीपोऽयं प्रतिगृह्यतम् ॥

एष दीपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om agni jyoti ravi jyotiṣ candra jyotiṣ tathaiva ca  
jyoti śamuttamo devī dīpo-yaṁ pratigryhatam

eṣa dīpaḥ om hrīm śrīm duṁ durgāyai namaḥ replace w/ Maa B

om The Divine Fire is the Light, the Light of Wisdom is the  
Light, the Light of Devotion is the Light as well. The Light of  
the Highest Bliss, Oh Goddess, is in the Light which I offer, the  
Light which I request you to accept. We bow to the Goddess,  
Durgā, the Grantor of Increase, who Removes all Difficulties.



(Wave incense)

ॐ वनस्पतिरसोत्पन्नो गन्ध्यात्येया गन्ध्य उत्तमः ।

आग्नेयः सर्व देवानां धूपोऽयं प्रतिगृह्यतम् ॥

एष धूपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ वनस्पतिरसोत्पन्नो गन्ध्यात्येया गन्ध्य उत्तमः ।

आग्नेयः सर्व देवानां धूपोऽयं प्रतिगृह्यतम् ॥

एष धूपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om vanaspatirasotpanno gandhyātyeyā gandhya uttamah

āghreyah sarva devānām dhūpo-yaṁ pratighyatam

— eṣa dhūpaḥ om hrīm śrīm duṁ durgāyai namaḥ

om Spirit of the Forest, from you is produced the most excellent of scents. The scent most pleasing to all the Gods, that scent I request you to accept. With the offering of fragrant scent om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

(Folded hands)

ॐ भूर्भुवः स्वः । तत् सवितुर्वरेण्यम् भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

ॐ भूर्भुवः स्वः । तत् सवितुर्वरेण्यम् भर्गो देवस्य

धीमहि । धियो यो नः प्रचोदयात् ॥

om bhūr bhuvaḥ svaḥ

tat savitur vareṇyam bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt

Om the Infinite Beyond Conception, the gross body, the subtle body and the causal body; we meditate upon that Light of Wisdom which is the Supreme Wealth of the Gods. May it grant to us increase in our meditations.

Offer a flower with each mantra etc gandhapuṣpe

एते गन्धपुष्पे ॐ गं गणपतये नमः

एते गन्धपुष्पे ॐ गं गणपतये नमः

etc gandhapuṣpe om gaṁ gaṇapataye namaḥ

With these scented flowers om I bow to the Lord of Wisdom, Lord of the Multitudes.

एते गन्धपुष्पे ॐ अदित्यादि नवग्रहेभ्यो नमः

एते गन्धपुष्पे ॐ अदित्यादि नवग्रहेभ्यो नमः

etc gandhapuṣpe om ādityādi navagrahebhyo namaḥ

With these scented flowers om I bow to the Sun, the Light of Wisdom, along with the nine planets.

एते गन्धपुष्पे ॐ शिवादिपञ्चदेवताभ्यो नमः

एते गन्धपुष्पे ॐ शिवादिपञ्चदेवताभ्यो नमः

etc gandhapuṣpe om śivādipañcādevatābhyo namaḥ

With these scented flowers om I bow to Śiva, the Consciousness of Infinite Goodness, along with the five primary deities (Śiva, Śakti, Viṣṇu, Gaṇeśa, Sūrya).

एते गन्धपुष्पे ॐ इन्द्रादिदशदिक्पालेभ्यो नमः

एते गन्धपुष्पे ॐ इन्द्रादिदशदिक्पालेभ्यो नमः

etc gandhapuṣpe om indrādi daśa dikpālebhyo namaḥ

With these scented flowers om I bow to Indra, the Ruler of the Pure, along with the Ten Protectors of the ten directions.

एते गन्धपुष्पे ॐ मत्स्यादिदशावतारेभ्यो नमः

एते गन्धपुष्पे ॐ मत्स्यादिदशावतारेभ्यो नमः

etc gandhapuṣpe om matsyādi daśāvatārebhyo namaḥ

omit section  
replace w/one  
short verse from  
Aditi



With these scented flowers om I bow to Vishnu, the Fish, along with the Ten Incarnations which He assumed.

एते गन्धपुष्पे ॐ प्रजापतये नमः

এতে গন্ধপুষ্পে ওঁ প্রজাপতয়ে নমঃ

ete gandhapuṣṣe om prajāpataye namaḥ

With these scented flowers om I bow to the Lord of All Created Beings.

एते गन्धपुष्पे ॐ नमो नारायणाय नमः

এতে গন্ধপুষ্পে ওঁ নমো নারায়ণায় নমঃ

ete gandhapuṣṣe om namo nārāyaṇāya namaḥ

With these scented flowers om I bow to the Perfect Perception of Consciousness.

एते गन्धपुष्पे ॐ सर्वेभ्यो देवेभ्यो नमः

এতে গন্ধপুষ্পে ওঁ সর্বেভ্যো দেবেভ্যো নমঃ

ete gandhapuṣṣe om sarvebhyo devebhyo namaḥ

With these scented flowers om I bow to All the Gods.

एते गन्धपुष्पे ॐ सर्वाभ्यो देवीभ्यो नमः

এতে গন্ধপুষ্পে ওঁ সর্বাভ্যো দেবীভ্যো নমঃ

ete gandhapuṣṣe om sarvābhyo devībhyo namaḥ

With these scented flowers om I bow to All the Goddesses.

एते गन्धपुष्पे ॐ श्री गुरवे नमः

এতে গন্ধপুষ্পে ওঁ শ্রী গুরবে নমঃ

ete gandhapuṣṣe om śrī gurave namaḥ

With these scented flowers om I bow to the Respected Guru.

एते गन्धपुष्पे ॐ ब्राह्मणेभ्यो नमः

এতে গন্ধপুষ্পে ওঁ ব্রাহ্মণেভ্যো নমঃ

ete gandhapuṣṣe om brāhmaṇebhyo namaḥ

With these scented flowers om I bow to All Knowers of Wisdom.

### ācamana

Pour some water in right palm. Sip some water after each om viṣṇu, then clean hands with remaining water and dry

ॐ विष्णु ॐ विष्णु ॐ विष्णु

ওঁ বিষ্ণু ওঁ বিষ্ণু ওঁ বিষ্ণু

om viṣṇu om viṣṇu om viṣṇu

om Consciousness, om Consciousness, om Consciousness

insert 2+3

Draw the following yantra with some drops of water and/or sandal paste at the front of your seat. Place a flower on the bindu in the middle.

एते गन्धपुष्पे ॐ ह्रीं आधारशक्तये

কমলাসনায় নমঃ ॥

এতে গন্ধপুষ্পে ওঁ হ্রীং আধারশক্তয়ে

কমলাসনায় নমঃ ॥

mandalaya namo

ete gandhapuṣṣe om hrīm ādhāra śaktaye kamalāsanāya namaḥ

With these scented flowers om hrīm I bow to the Primal Energy situated in this lotus seat.

Clap hands 3 times and snap fingers in the ten directions (N S E W NE SW NW SE UP DOWN) repeating

om hrīm śrīm durgāyai namaḥ each time. replace



ॐ ह्रीं श्रीं दुर्गायै नमः

ॐ ह्रीं श्रीं दुर्गायै नमः

om hrīm śrīm durgāyai namaḥ

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

*Place a flower in left hand. Pour 3 drops of water on it after saying om tat sat. Place right hand over flower and finish reciting this verse with the appropriate names added (refer to a lunar calendar, if available), then offer the flower.*

विष्णुः ॐ तत् सत् । ॐ अद्य जम्बूद्वीपे ( ) देश ( ) प्रदेश  
( ) नगरे ( ) मन्दिरे ( ) मासे ( ) पक्षे ( )  
तिथौ ( ) गोत्र श्री ( ) कृतैतत् श्री दुर्गा कामः पूजा  
कर्माहं करिष्ये ॥

विष्णुः ॐ तत् सत् । ॐ अद्य जम्बूद्वीपे ( ) देशे ( )  
प्रदेशे ( ) नगरे ( ) मन्दिरे ( ) मासे ( )  
पक्षे ( ) तिथौ ( ) गोत्र श्री ( ) कृतैतत्  
श्री दुर्गा कामः पूजा कर्माहं करिष्ये ॥

viṣṇuḥ om tat sat om adya jambūdvīpe, (Country) deśe,  
(state) pradeśe, (City) nagare, (Divine Mother) mandire, (month)  
māse, (śukla or kṛiṣṇa) pakṣe, (name of day) tithau, {name of  
(Satyānanda)} gotra, śrī (your name) kṛtāitat, śrī durgā kāmāḥ,  
pūjā karmāhaṁ kariṣye

The Consciousness Which Pervades All, om That is Truth.  
Presently, on the Planet Earth, (America) Country, (Name)  
State, (Name) City, in (Devi Mandir) Temple, (Name of Month)  
Month, (Bright or Dark) fortnight, (Name of Day) Day, {Name  
of Sadhu Family (Satyānanda)} Gotra, Śrī (Your Name) is per-  
forming worship for the satisfaction of the Goddess, Durgā, the  
Grantor of Increase, who Removes all Difficulties.

Ring Bell

ॐ शान्ता द्यौ शान्ता पृथिवी, शान्तमूर्ध्वमूर्वन्तरिक्षम् ।

शान्तमूर्ध्वम्वतिरापः शान्तां नः शान्तवोषधी ॥

ॐ शान्ता द्यौ शान्ता पृथिवी, शान्तमूर्ध्वमूर्वन्तरिक्षम् ।

शान्तमूर्ध्वम्वतिरापः शान्तां नः शान्तवोषधी ॥

om śāntā dyau śāntā pṛthivīm

śāntam ūrdhvam ūrvantarikṣam

śāntam ūrdhvam vātīrāpaḥ śāntāṁ naḥ śāntvoṣadhi

om Peace in the heavens, Peace on the earth, Peace upwards  
and permeating the atmosphere; Peace upwards, over, on all  
sides and further; Peace to us, Peace to all  
vegetation;

शान्ताणि पूर्वरूपाणि शान्तं नोऽस्तु कृताकृतम् ।

शान्तं भूतं च भव्यं च सर्वमेव समस्तु नः ॥

शान्ताणि पूर्वरूपाणि शान्तं नोऽस्तु कृताकृतम् ।

शान्तं भूतं च भव्यं च सर्वमेव समस्तु नः ॥

śāntāṇi pūrva rūpāṇi śāntam no-stu kṛtā kṛtam

śāntam bhūtaṁ ca bhavyaṁ ca sarvameva samastu naḥ

Peace to all that has form, Peace to all causes and effects;  
Peace to all existence, and to all intensities of reality including  
all and everything; Peace be to us.

पृथिवी शान्तिरन्तरिक्षं शान्तिर्द्यौ । शान्तिरापः, शान्तिरोषधयः,

शान्तिः वनस्पतयः, शान्तिर्विश्वे मे देवाः, शान्तिः सर्व मे देवाः,

शान्तिर्ब्रह्मा, शान्तिरापः, शान्ति सर्वम्, शान्तिरेधि, शान्तिः, शान्तिः,

सर्व शान्ति, सा मा शान्ति, शान्तिभिः ॥



পৃথিবীং শান্তিরন্তরীক্ষং শান্তিদেৱী । শান্তিরাপঃ,  
শান্তিরোষধিঃ, শান্তিঃ বনস্পত্যঃ, শান্তির্বশে মে দেবাঃ,  
শান্তিঃ সর্ব মে দেবাঃ, শান্তির্বক্ষ, শান্তিরাপঃ, শান্তি  
সর্বম্ শান্তিরোধি, শান্তিঃ, শান্তিঃ, সর্ব শান্তি, সা মা  
শান্তি, শান্তিভঃ ॥

prthivīm śāntir antarīkṣam śāntir dyau  
śāntir āpaḥ, śāntir oṣadayaḥ, śāntiḥ vanaspatayaḥ, śāntir viśve  
me devāḥ, śāntiḥ sarva me devāḥ, śāntir brahma, śāntirāpaḥ,  
śānti sarvam, śāntiredhi, śāntiḥ, śāntiḥ, sarva śānti, sā mā śānti,  
śāntibhiḥ

Let the earth be at Peace, the atmosphere be at Peace, the heav-  
ens be filled with Peace. Even further may Peace extend, Peace  
to all vegetation, Peace to All Gods of the Universe, Peace to  
All Gods within me, Peace to Creative Consciousness, Peace be  
to Brilliant Light, Peace to All, Peace to Everything, Peace,  
Peace, altogether Peace, equally Peace, by means of Peace.

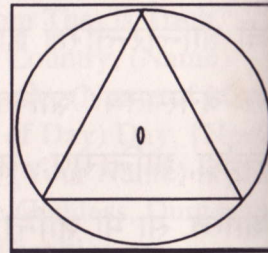
ॐ শান্তিঃ, শান্তিঃ, শান্তিঃ

ওঁ শান্তিঃ, শান্তিঃ, শান্তিঃ

om śāntiḥ, śāntiḥ, śāntiḥ

om Peace, Peace, Peace

Draw the following yantra on the plate or space for worship with  
sandal paste and/or water. Offer rice on the yantra for each of  
the next four mantras.



ॐ আধারশক্তয়ে নমঃ

ওঁ আধারশক্তয়ে নমঃ

om ādhāra śaktaye namaḥ

om I bow to the Primal Energy

ॐ কুম্মায় নমঃ

ওঁ কুম্মায় নমঃ

om kummāya namaḥ

om I bow to the Support of the Earth

ॐ অনন্তায় নমঃ

ওঁ অনন্তায় নমঃ

om anantāya namaḥ

om I bow to Infinity

ॐ পৃথিব্যৈ নমঃ

ওঁ পৃথিব্যৈ নমঃ

om prthivyai namaḥ

om I bow to the Earth

Place an empty water pot on the bindu in the center of the  
yantra when saying phat

স্বা স্থী স্থীরো ভব ফট্

স্বা স্থী স্থীরো ভব ফট্

sthām sthīm sthīro bhava phat

Be Still in the Gross Body! Be Still in the Subtle Body! Be Still  
in the Causal Body! PURIFY!

Fill pot with water while chanting mantra.

ॐ গঙ্গে চ যমুনে চৈব গোদাবরি সরস্বতি ।

কলি সিন্ধুকাবেরি জলেঃস্মিন্ সন্নিধি কুরু ॥

ওঁ গঙ্গে চ যমুনে চৈব গোদাবারি সরস্বতি ।

নামদে সিন্ধুকাবোরি জলেঃস্মিন্ সন্নিধি কুরু ॥



om gaṅge ca yamune caiva godāvari sarasvati  
narmade sindhu kāveri jale-asmin sannidhiṃ kuru  
om the Ganges, Yamuna, Godāvari, Saraswati, Narmada,  
Sindhu, Kāveri these waters are mingled together.

*Note. The Ganges is the Īḍa, Yamuna is the Pingalā. The other five rivers are the five senses. The land of the seven rivers is within the body as well as outside.*

*Offer 3 flowers into the water pot with the mantra*

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुर्गायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং শ্রীং দুর্গায়ৈ নমঃ

ete gandhapuṣpe om hrīm śrīm duṃ durgāyai namaḥ

With these scented flowers om We bow to the Goddess Durgā,  
the Grantor of Increase, who Removes all Difficulties.

*Wave right hand in ankuṣa mudrā while chanting this mantra.*

ॐ गङ्गे च यमुने चैव गोदावरि सरस्वति ।

नर्मदे सिन्धुकावेरि जलेऽस्मिन् सन्निधि कुरु ॥

ওঁ গঙ্গে চ যমুনে চৈব

গোদাবারি সরস্বতি ।

নর্মদে সিন্ধুকাবোরি জলেহস্মিন্ সন্নিধিঃ কুরু ॥

om gaṅge ca yamune caiva godāvari sarasvati  
narmade sindhu kāveri jale-asmin sannidhiṃ kuru  
om the Ganges, Yamuna, Godāvari, Saraswati, Narmada,  
Sindhu, Kāveri these waters are mingled together.

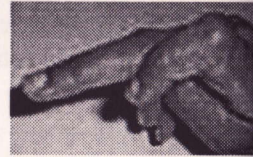
ॐ ह्रीं श्रीं दुर्गायै नमः

(Chant 10 times)

ওঁ হ্রীং শ্রীং দুর্গায়ৈ নমঃ

om hrīm śrīm duṃ durgāyai namaḥ

om We bow to the Goddess Durgā, the Grantor of Increase, who



Removes all Difficulties.

*Sprinkle water over all articles to be offered, then throw some drops of water over your shoulders repeating the mantra:*

अमृताम् कुरु स्वाहा

अमृताम् कुरु स्वाहा

amritām kuru svāhā

Make this immortal nectar! I am One with God!

*Puṣpa Suddhi*

*Wave hands over flowers with prarthana mudrā while chanting first line and with dhenu mudrā while chanting second line of this mantra.*

ॐ पुष्प पुष्प महापुष्प सुपुष्प पुष्पसम्भवे ।

पुष्प चयावकीर्णे च हूं फट् स्वाहा ॥

ওঁ পুষ্প পুষ্প মহাপুষ্প সুপুষ্প পুষ্পসম্ভবে ।

পুষ্প চয়াবকীর্णे চ হুং ফট্ স্বাধা ॥

om puṣpa puṣpa mahā puṣpa supuṣpa puṣpasambhave

puṣpa cayāvakīrṇe ca hūm phaṭ svāhā

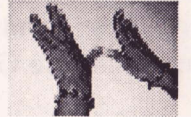
om Flowers, flowers, Oh Great Flowers, excellent flowers; flowers in heaps and scattered about, cut the ego, purify, I am One with God!

*Offer a flower while chanting each of the following mantras etc gandhapuṣpe*

एते गन्धपुष्पे ॐ ह्रीं चण्डिकायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং চাঁড়িকায়ৈ নমঃ

ete gandhapuṣpe om hrīm caṇḍikāyai namaḥ





With these scented flowers om I bow to She Who Tears Apart Thought

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

**ete gandhapuṣpe om hrīm śrīm duṃ durgāyai namaḥ**

With these scented flowers om I bow to the Reliever of Difficulties

एते गन्धपुष्पे ॐ क्रीं काल्यै नमः

এতে গন্ধপুষ্পে ওঁ ক্রীং কাল্যৈ নমঃ

**ete gandhapuṣpe om krīm kālyai namaḥ**

With these scented flowers om I bow to the She Who Is Beyond Time (also the Goddess Who Takes Away Darkness)

एते गन्धपुष्पे ॐ श्रीं लक्ष्म्यै नमः

এতে গন্ধপুষ্পে ওঁ শ্রীং লক্ষ্ম্যৈ নমঃ

**ete gandhapuṣpe om śrīm lakṣmyai namaḥ**

With these scented flowers om I bow to the Goddess of True Wealth

एते गन्धपुष्पे ॐ सं सरस्वत्यै नमः

এতে গন্ধপুষ্পে ওঁ সং সরস্বত্যৈ নমঃ

**ete gandhapuṣpe om saṃ sarasvatyai namaḥ**

With these scented flowers om I bow to the Spirit of All-Pervading Knowledge

एते गन्धपुष्पे ॐ बौं ब्रह्मणे नमः

এতে গন্ধপুষ্পে ওঁ বৌং ব্রহ্মণে নমঃ

**ete gandhapuṣpe om baum brahmaṇe namaḥ**

With these scented flowers om I bow to the Creative Consciousness

एते गन्धपुष्पे ॐ क्लीं विष्णवे नमः

এতে গন্ধপুষ্পে ওঁ ক্লীং বিষ্ণবে নমঃ

**ete gandhapuṣpe om klīm viṣṇave namaḥ**

With these scented flowers om I bow to the Consciousness Which Pervades All

एते गन्धपुष्पे ॐ नमः शिवाय

এতে গন্ধপুষ্পে ওঁ নমঃ শিবায

**ete gandhapuṣpe om namaḥ śivāya**

With these scented flowers om I bow to the Consciousness of Infinite Goodness

**dhyānam**

meditation

ॐ जटाजूटसमायुक्तामर्द्धेन्दुकृतशेखराम् ।

লৌচনত্রয়সংযুক্তাং পূর্ণেন্দুসদৃশাননাম্ ॥

ওঁ জটাজুটসমায়ুক্তামর্দ্ধেন্দুকৃতশেখরাম্ ।

লৌচনত্রয়সংযুক্তাং পূর্ণেন্দুসদৃশাননাম্ ॥

**om jaṭājūṭasamāyuktāmarddhendukṛtaśekharaṃ**

**locanatrayasamyuktām pūrṇendusadṛśānāṃ**

Om With loose flowing tresses, poised with equanimity with the radiant half moon upon her head, her three eyes are shining like the full moon.



तप्तकाञ्चनवर्णाभां सुप्रतिष्ठां सुलोचनाम् ।

नवयौवनसम्पन्नां सर्वाभरणभूषिताम् ॥

तप्तकाञ्चनवर्णाभां सुप्रतिष्ठां सुलोचनाम् ।

नवयौवनसम्पन्नां सर्वाभरणभूषिताम् ॥

**taptakāñcanavarṇābhāṃ supratīṣṭhāṃ sulocanām**

**navayauvanasampannām sarvābharanabhūṣitām**

She has the color of melted gold, of excellent birth and beautiful eyes. She has nine manifestations all resplendantly shining with their ornaments.

सुचारुदशनां तद्वत् पीनोन्नतपयोधराम् ।

त्रिभङ्गस्थानसंस्थानां महिषासुरमर्दिनीम् ॥

सुचारुदशनां तद्वत् पीनोन्नतपयोधराम् ।

त्रिभङ्गस्थानसंस्थानां महिषासुरमर्दिनीम् ॥

**sucārudaśanām tadvat pīnonnatapayodharām**

**tribhaṅgasthānasamsthānām mahiṣāsūramardinīm**

She holds aloft ten excellent weapons in her hands, and has three beautiful folds under her breasts - the Slayer of the Great Ego.

मृणालायतसंस्पर्श दशबाहु समन्विताम् ।

त्रिशूलं दक्षिणे ध्येयं खड्गं चक्रं क्रमादधः ॥

मृणालायतसंस्पर्श दशबाहु समन्विताम् ।

त्रिशूलं दक्षिणे ध्येयं खड्गं चक्रं क्रमादधः ॥

**mṛṇālāyatasamsparsa daśabāhu samanvitām**

**triśūlam dakṣiṇe dhyeyam khaḍgam cakram kramādadhah**

She bears the touch of death to the Ego in each of her ten arms. We meditate on the order of weapons beginning at the upper right: trident, sword, discus,

नीक्षनवाणं तथा शक्तिं दक्षिणेषु विचिन्तयेत् ।

खेटकं पूर्णचापञ्च पाशमङ्कुशमेव च ॥

नीक्षनवाणं तथा शक्तिं दक्षिणेषु विचिन्तयेत् ।

खेटकं पूर्णचापञ्च पाशमङ्कुशमेव च ॥

**nikṣṇavāṇam tathā śaktim dakṣiṇeṣu vicintayet**

**khetakam pūrṇacāpañca pāśamaṅkuśameva ca**

bow and arrow, and then energy we contemplate on her right side. Shield, club, noose, and curved sword,

घण्टां वा परशु वापि वामतः सन्निवेशयेत् ।

अधस्तान्महिषं तद्वद्विशिरस्कं प्रदर्शयेत् ॥

घण्टां वा परशु वापि वामतः सन्निवेशयेत् ।

अधस्तान्महिषं तद्वद्विशिरस्कं प्रदर्शयेत् ॥

**ghaṇṭām vā paraśu vāpi vāmataḥ sanniveśayet**

**adhastānmahiṣam tadvadvīśiraskam pradarśayet**

the bell or the battle-axe, we contemplate on her left side.

Below lies the severed head of the Great Ego in the form of a buffalo.

शिरस्तेदोद्भवं तद्वद्दानवं खड्गापाणिनम् ।

हृदि शूलेन निर्भिन्नं निर्जदन्त्रविभूषितम् ॥

शिरस्तेदोद्भवं तद्वद्दानवं खड्गापाणिनम् ।

हृदि शूलेन निर्भिन्नं निर्जदन्त्रविभूषितम् ॥

**śiraśchedodbhavam tadvaddānavam khaḍgāpāṇinam**

**hr̥di śūlena nirbhinnam nirjadantravibhūṣitam**

In place of the severed head on his neck is the demonic image of the Great Ego with a sword in his hand. He is shown gritting his teeth from the spear which has pierced his heart.



रक्तारक्तीकृताङ्गञ्च रक्तविस्फूरितेक्षणम् ।

वेष्टितं नागपाशेन भूकुटीभीषणाननम् ॥

रक्तारक्तीकृताङ्गञ्च रक्तविस्फूरितेक्षणम् ।

वेष्टितं नागपाशेन भूकुटीभीषणाननम् ॥

**raktāraktīkṛtāṅgañca raktavisphūritekṣaṇam  
veṣṭhitam nāgapāśena bhūkuṭībhiṣaṇānanam**

Blood is flowing over his body and red is seen on all his limbs.  
The cobra snake in the form of a noose has wrapped itself  
around his brow and upper left arm.

सपाशवामहस्तेन धृतकेशन्तु दुर्गया ।

वमद्रुधिरवक्त्रञ्च देव्याः सिंहं प्रदर्शयेत् ॥

सपाशवामहस्तेन धृतकेशन्तु दुर्गया ।

वमद्रुधिरवक्त्रञ्च देव्याः सिंहं प्रदर्शयेत् ॥

**sapāśavāmahastena dhṛtakeśantu durgayā  
vamadrudhiravaktrañca devyāḥ siṃhaṃ pradarsayet**

On the side of the Goddess is shown the lion, Dharma, who is  
her conveyance, and is facing the left.

देव्यास्तु दक्षिणं पादं समं सिंहोपरि स्थितम् ।

किञ्चिदूर्ध्वं तथा वाममङ्गुष्ठं महिषोपरि ॥

देव्यास्तु दक्षिणं पादं समं सिंहोपरि स्थितम् ।

किञ्चिदूर्ध्वं तथा वाममङ्गुष्ठं महिषोपरि ॥

**devyāstu dakṣiṇaṃ pādaṃ samaṃ siṃhopari sthitam  
kiñcidūrdhvaṃ tathā vāmamaṅguṣṭhaṃ mahiṣopari**

The Goddess's right foot is flatly positioned on top of the lion. A  
little elevated only her left toe is on top of the Great Ego.

प्रसन्नवदनां देवीं सर्वकामफलप्रदां ।

स्तुयमानञ्च तद्रूपममरैः सन्निवेशयेत् ॥

प्रसन्नवदनां देवीं सर्वकामफलप्रदां ।

स्तुयमानञ्च तद्रूपममरैः सन्निवेशयेत् ॥

**prasannavadanāṃ devīm sarvakāmaphalapradām  
stuyamānañca tadrūpamamaraiḥ sanniveśayet**

The Goddess is extremely pleased and grants the fruits of all  
desires to those who contemplate her excellent form and with  
one mind sing her praises:

उग्रचण्डा प्रचण्डा च चण्डोग्रा चण्डनायिका ।

चण्डा चण्डवती चैव चण्डरूपातिचण्डिका ॥

उग्रचण्डा प्रचण्डा च चण्डोग्रा चण्डनायिका ।

चण्डा चण्डवती चैव चण्डरूपातिचण्डिका ॥

**ugracandā pracandā ca caṇḍogrā caṇḍanāyikā  
caṇḍā caṇḍavatī caiva caṇḍarūpāticandikā**

The Terrible Slayer of Passion, Whose Nature Removes Fear,  
She Who Slays Fear, She Who Sees Everywhere Freedom from  
Fear, She Who Tears Apart Fear, She Who Contains  
Fearlessness, The Form of the Erradicator of Fear, and the  
Primary She Who Tears Apart All Thoughts.

अष्टाभिः शक्तिभिस्ताभिः सततं परिवेष्टिताम् ।

चिन्तयेज्जगतां धात्रीं धर्मकामार्थमोक्षदाम् ॥

अष्टाभिः शक्तिभिस्ताभिः सततं परिवेष्टिताम् ।

चिन्तयेज्जगतां धात्रीं धर्मकामार्थमोक्षदाम् ॥

**aṣṭābhiḥ śaktibhistābhiḥ satataṃ pariveṣṭitām  
cintayejjagatām dhātrīm dharmakāmārthamokṣadām**



With these eight energies always surrounding her, we think of the Creator of the Perceivable Universe, who bestows the Way of Truth and Harmony, Satiation of Desires, Material Sustenance, and Liberation otherwise known as Self-Realization.

**kara nyāsa**

establishment in the hands

ॐ हां अंगुष्ठाभ्यां नमः

ॐ ह्रां अङ्गुष्ठाभ्यां नमः

om hrām anguṣṭhābhyāṃ namaḥ

thumb/forefinger

om hrām in the thumb I bow.

ॐ हीं तर्जनीभ्यां स्वाहा

ॐ ह्रीं तर्जनीभ्यां स्वाहा

om hrīm tarjanībhyāṃ svāhā

thumb/forefinger

om hrīm in the forefinger, I am One with God!

ॐ हूं मध्यमाभ्यां वषट्

ॐ हुं मध्यमाभ्यां वषट्

om hrūm madhyamābhyāṃ vaṣaṭ

thumb/middle finger

om hrūm in the middle finger, Purify!

ॐ ह्रैं अनामिकाभ्यां हुं

ॐ ह्रैं अनामिकाभ्यां हुं

om hraiṃ anāmikābhyāṃ huṃ

thumb/ring finger

om hraiṃ in the ring finger, Cut the Ego!

ॐ हौं कनिष्ठिकाभ्यां बौषट्

ॐ ह्रौं कनिष्ठिकाभ्यां बौषट्

om hrauṃ kaniṣṭhikābhyāṃ vauṣaṭ

thumb/little finger

om hrauṃ in the little finger, Ultimate Purity!

Roll hand over hand forwards while reciting karatala kara, and backwards while chanting prṣṭhābhyāṃ, then clap hands when chanting astrāya phaṭ.

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

om hraḥ karatala kara prṣṭhābhyāṃ astrāya phaṭ

Om hraḥ I bow to the Goddess Durgā, with the weapon of Virtue.

ॐ हीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om hrīm śrīm duṃ durgāyai namaḥ

Om I bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties

**aṅga nyāsa**

establishment in the body

Holding tattva mudrā, touch heart.

ॐ हां हृदयाय नमः

ॐ ह्रां हृदयाय नमः

om hrām hrdayāya namaḥ

touch heart

Om hrām in the heart, I bow.



Holding tattva mudrā, touch top of head.

ॐ ह्रीं शिरसे स्वाहा

ॐ ह्रीं शिरसे स्वाहा

**om hrīm śirase svāhā** *top of head*  
Om hrīm on the top of the head, I am One with God!

With thumb extended, touch back of head.

ॐ हूं शिखायै वषट्

ॐ हूं शिखायै वषट्

**om hrūm śikhāyai vaṣaṭ** *back of head*  
Om hrūm on the back of the head, Purify!

Holding tattva mudrā, cross both arms.

ॐ हें कवचाय हुं

ॐ हें कवचाय हुं

**om hraiṃ kavacāya huṃ** *cross both arms*  
Om hraiṃ crossing both arms, Cut the Ego!

Holding tattva mudrā, touch three eyes at once with three middle fingers.

ॐ हौं नेत्रत्रयाय वौषट्

ॐ हौं नेत्रत्रयाय वौषट्

**om hrauṃ netratrayāya vauṣaṭ** *touch three eyes*  
Om hrauṃ in the three eyes, Ultimate Purity!

Roll hand over hand forwards while reciting karatala kara, and backwards while chanting prṣṭhābhyām, then clap hands when chanting astrāya phaṭ.

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

**om hraḥ karatala kara prṣṭhābhyām astrāya phaṭ**  
Om hraḥ I bow to the Goddess Durgā, with the weapon of Virtue.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

**om hrīm śrīm duṃ durgāyai namaḥ**  
Om I bow to the Goddess Durgā, the Grantor of Increase, who Removes all Difficulties

अथ दुर्गाद्वात्रिंशन्नाममाला

अथ दुर्गाद्वात्रिंशन्नाममाला

**atha durgā dvātriṃśannāma mālā**  
The Rosary of Thirty-two Names of Durgā

दुर्गा दुर्गानिशमनी दुर्गापद्मिनिवारिणी ।

दुर्गमच्छेदिनी दुर्गसाधिनी दुर्गनाशिनी ॥

दुर्गा दुर्गानिशमनी दुर्गार्पादनिवारिणी ।

दुर्गमच्छेदिनी दुर्गसाधिनी दुर्गनाशिनी ॥

**durgā durgārti śamanī durgā padvinivāriṇī**  
**durgamacchedinī durga sādhinī durga nāśinī**

1. The Reliever of Difficulties
2. Who Puts Difficulties at Peace
3. Dispeller of Difficult Adversities
4. Who Cuts Down Difficulties
5. The Performer of Discipline to Expel Difficulties
6. The Destroyer of Difficulties



दुर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा ।

दुर्गमज्ञानदा दुर्गदैत्यलोकदवानला ॥

दुर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा ।

दुर्गमज्ञानदा दुर्गदैत्यलोकदवानला ॥

**durgatod dhāriṇī durga nihantrī durga māpahā**

**durgamajñānadā durga daityaloka davānalā**

7. Who Holds the Whip to Difficulties
8. Who Sends Difficulties to Ruin
9. Who Measures Difficulties
10. Who Makes Difficulties Unconscious
11. Who Destroys the World of Difficult Thoughts

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी ।

दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता ॥

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी ।

दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता ॥

**durgamā durgamālokā durgamātmāsvarūpiṇī**

**durgamārgapradā durgam avidyā durgamāśritā**

12. The Mother of Difficulties
13. The Perception of Difficulties
14. The Intrinsic Nature of the Soul of Difficulties
15. Who Searches Through Difficulties
16. The Knowledge of Difficulties
17. The Extrication From Difficulties

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी ।

दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी ॥

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी ।

दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी ॥

**durgam ajñāna samsthānā durgam adhyāna bhāsinī**

**durga mohā durgamagā durgamārtha svarūpiṇī**

18. The Continued Existence of Difficulties
19. Whose Meditation Remains Brilliant When in Difficulties
20. Who Deludes Difficulties
21. Who Resolves Difficulties
22. Who is the Intrinsic Nature of the Object of Difficulties

दुर्गमासुरसंहन्त्री दुर्गमायुधधारिणी ।

दुर्गमाङ्गी दुर्गमता दुर्गम्या दुर्गमेश्वरी ॥

दुर्गमासुरसंहन्त्री दुर्गमायुधधारिणी ।

दुर्गमाङ्गी दुर्गमता दुर्गम्या दुर्गमेश्वरी ॥

**durgam āsura saṁhantrī durgam āyudha dhāriṇī**

**durgamāṅgī durgamatā durgamyā durgameśvarī**

23. The Annihilator of the Egotism of Difficulties
24. Bearer of the Weapon Against Difficulties
25. The Refinery of Difficulties
26. Who is Beyond Difficulties
27. This Present Difficulty
28. The Empress of Difficulties

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी ।

नामावलिमिमां यस्तु दुर्गाया मम मानवः ।

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी ।

नामावलिमिमां यस्तु दुर्गाया मम मानवः ।

**durgabhīmā durgabhāmā durgabhā durgadāriṇī**

**nāmāvalimimāṁ yastu durgāyā mama mānavaḥ**

29. Who is Terrible to Difficulties
30. The Lady of Difficulties
31. The Illuminator of Difficulties
32. Who Cuts Off Difficulties



Whoever will recite this garland of the names of Durgā,

पठेत् सर्वभयान्मुक्तो भविष्यति न संशयः ॥

পঠেৎ সর্বভয়ান্মুক্তো ভবিষ্যতি ন সংশয়ঃ ॥

**paṭhet sarva bhayānmukto bhaviṣyati na saṁśayaḥ**

the Reliever of Difficulties, for me, will be freed from every type of fear without a doubt.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

**om hrīm śrīm duṁ durgāyai namaḥ** (108 times)

We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties

*If desired, collect the next eight liquid offerings in a bowl.*

**foot bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पाद्यं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ পাদ্যং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ pādyam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these foot bath waters.

**milk bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पयः स्नानं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ পয়ঃ স্নানং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ payaḥ snānam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this milk for your bath.

**yogurt bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः दधि स्नानं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ দধি স্নানং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ dadhi snānam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this curd for your bath.

**ghee bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः घृत स्नानं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ ঘৃত স্নানং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ ghṛta snānam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this ghee for your bath.

**honey bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः मधु स्नानं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ মধু স্নানং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ madhu snānam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this honey for your bath.

**sugar bath**

ॐ ह्रीं श्रीं दुं दुर्गायै नमः शर्करा स्नानं समर्पयामि ॥

ॐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ শর্করা স্নানং সমর্পয়ামি ॥

**om hrīm śrīm duṁ durgāyai namaḥ śarkarā snānam samarpayāmi**

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this sugar for your bath.



*five nectars bath*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पञ्चामृतं स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पञ्चामृतं स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ pañcāmṛtaṃ snānaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these five nectars for your bath.

*water bath*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः गङ्गा स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः गङ्गा स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ gaṅgā snānaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these bath waters.

*cloth*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः वस्त्रां समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः वस्त्रां समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ vastrāṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this wearing apparel.

*rudrākṣa*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः रुद्राक्षं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः रुद्राक्षं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ rudrākṣaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this rudrākṣa.

*red powder*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः सिन्दूरं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः सिन्दूरं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ sindūraṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this red colored powder.

*sandal paste*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः चन्दनं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः चन्दनं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ candanaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this sandal paste.

*rice*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः अक्षतं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः अक्षतं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ akṣataṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these grains of rice.

*flower garland*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पुष्पमालां समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पुष्पमालां समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ puṣpamālāṃ samārpāyāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this garland of flowers.



*food offering*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः भोग नैवेद्यम् समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः भोग नैवेद्यम् समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ bhog naivedyam  
samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this presentation of food.

*drinking water*

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पानार्थं जलम् समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पानार्थं जलम् समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ pānārtha jalam  
samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this drinking water.

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ete gandha puṣpe om hrīm śrīm duṃ durgāyai namaḥ

With these scented flowers om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om hrīm śrīm duṃ durgāyai namaḥ (108 times)

We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

ॐ प्रथमं शैलपुत्री च द्वितीयं ब्रह्मचारिणी ।

तृतीयं चन्द्रघण्टेति कूष्माण्डेति चतुर्थकम् ॥

ॐ प्रथमं शैलपुत्री च द्वितीयं ब्रह्मचारिणी ।

तृतीयं चन्द्रघण्टेति कूष्माण्डेति चतुर्थकम् ॥

om prathamam śailaputrī ca dvitīyam brahmacārīṇī  
tṛtīyam candraghaṇṭeti kūṣmāṇḍeti caturthakam

om First is the Goddess of Inspiration, and second the Goddess of Sacred Study; third is the Goddess of the Delight of Practice, the Goddess of Purifying Austerity is fourth.

पञ्चमं स्कन्दमातेति षष्ठं कात्यायनीति च ।

सप्तमं कालरात्रीति महागौरीति चाष्टमम् ॥

पञ्चमं स्कन्दमातेति षष्ठं कात्यायनीति च ।

सप्तमं कालरात्रीति महागौरीति चाष्टमम् ॥

pañcamam skandamāteṭi ṣaṣṭham kātyāyanīti ca  
saptamam kālārātrīti mahāgaurīti cāṣṭamam

Fifth is the Goddess who Nurtures Divinity, sixth is the One Who is Ever-Pure and Free from Error; seventh is the Goddess of the Dark Night of Overcoming Egotism, the Goddess of the Great Radiant Light is eighth.

नवमं सिद्धिदात्री च नवदुर्गाः प्रकीर्तिताः ।

उक्तान्येतानि नामानि ब्रह्मणैव महात्मना ॥

नवमं सिद्धिदात्री च नवदुर्गाः प्रकीर्तिताः ।

उक्तान्येतानि नामानि ब्रह्मणैव महात्मना ॥

navamam siddhidātrī ca navadurgāḥ prakīrtitāḥ  
uktānyetāni nāmāni brahmaṇaiva mahātmanā

Ninth is the Goddess who Grants Perfection, the nine Durgās, Relievers of Difficulties, have been enumerated, and these



names have been revealed by the great soul of the Supreme himself.

### Śrī Durgā Cālīsā

The Adventures of Durgā

दोहा

দোহা

dohā

जय श्री दुर्गा अम्बिका, जगत्पालिनी माता ।

तुम्हरो चालीसा रचहुँ, कीजै मोहि सनाथ ॥

জয় শ্রী দুর্গা অম্বিকা, জগৎপালিনী মাতা ।

তুম্হরো চালীসা রচহুঁ, কীজৈ মোহি সনাথ ॥

jaya śrī durgā ambikā, jagatpālīnī mātā  
tumharo cālīsā racahuñ, kījai mohi sanātha

Victory to the Respected Reliever of Difficulties, Mother of the Universe, the Mother who protects the world. I elucidate your song of praise. Please eradicate all ignorance.

श्री दुर्गा माता कि जय

শ্রী দুর্গা মাতা কি জয়

śrī durgā mātā ki jaya

Victory to the respected Durgā Mā

नमो नमो दुर्गे सुख करनी ।

नमो नमो अम्बे दुख हरनी ॥

নমো নমো দুর্গে সুখ করনী ।

নমো নমো অম্বে দুখ হরনী ॥

namo namo durge sukha karanī

namo namo ambe dukha haranī

I bow, I bow, to the Reliever of Difficulties, Cause of Happiness. I bow, I bow, to the Mother who takes away all pain.

निरंकार है ज्योति तुम्हारी ।

तिहूँ लोक फैली उजियारी ॥

নিরংকার হৈ জ্যোতি তুম্হারী ।

তিহুঁ লোক ফৈলী উজিয়ारी ॥

nirankāra hai jyoti tumhārī

tihūñ loka phailī ujiyārī

Your light illuminates all darkness, your brightness extends over the three worlds.

शशि ललाट मुख विशाला ।

नेत्र लाल भृकुटी विकराला ॥

শশি ললাট মুখ বিশালা ।

নেত্র লাল ভৃকুটী বিকরানা ॥

śaśi lalāṭa mukha viśālā

netra lāla bhṛkuṭī vikarālā

With the moon on your forehead your face is tremendous. When you frown with red eyes it is terribly frightening.

रूप मातु को अति सुहवै ।

दरश करत जन अति सुख पावै ॥

রূপ মাতৃ কো অতি সুহবৈ ।

দরশ করত জন অতি সুখ পাবৈ ॥



**rūpa mātu ko ati suhavai  
daraśa karata jana ati sukha pāvai**

In the form of Mother it is extremely pleasing, and those who see you in this way receive the greatest pleasure.

तुम संसार शक्ति लै कीन्हा ।

पालन हेतु अन्नधन दीन्हा ॥

तुम संसार शक्ति लै कीन्हा ।

पालन हेतु अन्नधन दीन्हा ॥

**tuma saṁsāra śakti lai kīnhā  
pālana hetu annadhana dīnhā**

You move all the energy amongst all objects and relationships.  
You protect all, and are the Giver of grains and wealth.

अन्नपूर्णा तुम जग पाला ।

तुमहीं आदि सुन्दरी बाला ॥

अन्नपूर्णा तुम जग पाला ।

तुमहीं आदि सुन्दरी बाला ॥

**annapūrṇā tuma jaga pālā  
tumahīṁ ādi sundarī bālā**

As the Goddess who is full of grains and food you protect the world. You are the foremost and most beautiful being.

प्रलयकाल सब नाशन हारी ।

तुम गौरी शिव शंकर प्यारी ॥

प्रलयकाल सब नाशन हारी ।

तुम गौरी शिव शंकर प्यारी ॥

**pralayakāla saba nāśana hārī  
tuma gaurī śiva śaṁkara pyārī**

At the time of total dissolution you destroy all. You are the Goddess who is Rays of Light, beloved of Śiva, Śankar, the Cause of Peace.

शिव योगी तुम्हरे गुण गावें ।

ब्रह्मा विष्णु तुम्हें नित ध्यावें ॥

शिव योगी तुम्हरे गुण गावें ।

ब्रह्मा विष्णु तुम्हें नित ध्यावें ॥

**śiva yogī tumhare guṇa gāvēṁ  
brahmā viṣṇu tumheṁ nita dhyāvēṁ**

Śiva and all yogis sing of your qualities. Brahma and Viṣṇu always meditate upon you.

रूप सरस्वति का तुम धारा ।

दै सुबुद्धि ऋषि मुनिन उवारा ॥

रूप सरस्वति का तुम धारा ।

दै सुबुद्धि ऋषि मुनिन उवारा ॥

**rūpa sarasvati kā tuma dhārā  
dai subuddhi ṛṣi munina uvārā**

You wear the form of Sarasvati, Goddess of Knowledge. You give excellent knowledge which liberates the ṛṣis and munis.

धर्यो रूप नरसिंह को अम्बा ।

प्रकट भई विदारि कै खम्बा ॥

धर्यो रूप नरसिंह को अम्बा ।

प्रकट भई विदारि कै खम्बा ॥



dharyo rūpa narasiṃha ko ambā  
prakaṣa bhaīm vidāri kai khambā

You gave the form for Narasingha to wear, Mother, which manifested with the crumbling of the pillar.

रक्षा करि प्रह्लाद बचायो ।

हिरण्यकशिपु को स्वर्ग पठायो ॥

রক্ষা করি প্রহলাদ বচায়ো ।

হিরণ্যকশিপু কো স্বর্গ পঠায়ো ॥

rakṣā kari prahalāda bacāyo  
hiraṇyakaśipu ko svarga paṭhāyo

Oh Protector, you saved Prahalad, and sent Hiraṇyakaśipu to heaven.

लक्ष्मी रूप धर्यो जगमाँही ।

श्री नारायण अङ्ग समाहीं ॥

লক্ষ্মী রূপ ধর্যো জগমাঁহী ।

শ্রী নারায়ণ অঙ্গ সমাहीं ॥

lakṣmī rūpa dharyo jagamāñhī  
śrī nārāyaṇa aṅga samāhīṃ

You wear the form of Lakṣmi, Oh Mother of the Universe, which is regarded the same as the body of the Respected Nārāyaṇa.

क्षीरसिन्धु में करत बिलासा ।

दयासिन्धु दीजै मन आसा ॥

ক্ষীরসিন্ধু মেং করত বিলাসা ।

দয়াসিন্ধু দীজৈ মন আসা ॥

kṣīrasindhu meṃ karata bilāsā  
dayāsindhu dījai mana āsā

You are delighted in the ocean of milk. Oh Ocean of Compassion, please grant the mind's wish.

हिंगुलाज में तुम्ही भवानी ।

महिमा अमित न जात बखानी ॥

হিংগুলাজ মেং তুম্হী ভবানী ।

মাহিমা অমিত ন জাত বখানী ॥

hiṅgulāja meṃ tumhī bhavānī  
mahimā amita na jāta bakhānī

In the Hiṅgulaj you are Bhavānī, the Mother of Existence. No one who is born can describe your greatness.

मातंगी धूमावति माता ।

भुवनेश्वरि बंगला सुखदाता ॥

মাতঙ্গী ধূমাবতি মাতা ।

ভুবনেশ্বর বঙ্গলা সুখদাতা ॥

mātangī dhūmāvati mātā  
bhuvaneśvari baṅgalā sukhadātā

You are Mātangī and Mother Dhūmāvati. As Bhuvaneśvari and Baṅgala you grant comfort and happiness.

श्री भैरवी जगत की तारिणी ।

छिन्न भाल भव दुःख निवारिणी ॥

শ্রী ভৈরবী জগত কী তারিণী ।

ছিন্ন ভাল ভব দুঃখ নিবারিণী ॥

śrī bhairavī jagata kī tāriṇī  
chinna bhāla bhava duḥkha nivāriṇī



As the respected fearful Bhairavī you deliver all the worlds. As Chinnamaṣṭa you prohibit pain in all the worlds.

लांगुर बीर करत अगबानी ।

केहरि बाहन सोह भवानी ॥

लांगुर बीर करत अगबानी ।

केहरि बाहन सोह भवानी ॥

**lāṅgura bīra karata agabānī**

**kehari bāhana soha bhavānī**

The excellent among the monkeys went to welcome you, oh Bhavānī, you who ride upon the lion.

कर महे खप्पर खङ्ग विराजे ।

जाहि विलोकि काल भय भाजे ॥

कर महे खप्पर खङ्ग विराजे ।

जाहि विलोकि काल भय भाजे ॥

**kara mahe khappara khaṅga virāje**

**jāhi viloki kāla bhaya bhāje**

In your hands are the sword and a beggar's bowl. The Seer experiences the fear of Time, the Great Destroyer.

कर शोभित तब मातु त्रिशूला ।

जाते उठत शत्रु हिय शूला ॥

कर शोभित तब मातु त्रिशूला ।

जाते उठत शत्रु हिय शूला ॥

**kara śobhita taba mātu trīśūlā**

**jāte uṭhata śatru hiya śūlā**

Then in Mother's hand is seen the trident by which She abolishes the enemy's spear.

नगरकोट में तुम्हीं विराजत ।

तिहूँ लोक में डंका वाजत ॥

नगरकोट में तुम्हीं विराजत ।

तिहूँ लोक में डंका वाजत ॥

**nagarakoṭa meṃ tumhīṃ virājata**

**tiṃhūṃ loka meṃ ḍaṅkā vājata**

In Nagarkoṭ you are known as Virāja, and the people of the three worlds beat on drums to celebrate you.

शुंभ निशुंभ दैत्य तुम मारे ।

रक्तबीज अग्नित संहारे ॥

शुंभ निशुंभ दैत्य तुम मारे ।

रक्तबीज अग्नित संहारे ॥

**śumbha niśumbha daitya tuma māre**

**raktabīja aganita saṃhāre**

You slayed the demons Self-Conceit and Self-Deprecation. You dissolved the innumerable Seeds of Desire.

महिषासुर नृप अति अभिमानी ।

जेहि अघ भार मही अकुलानी ॥

महिषासुर नृप अति अभिमानी ।

जेहि अघ भार मही अकुलानी ॥

**mahiṣāsura nṛpa ati abhimānī**

**jehi agha bhāra mahī akulānī**



The King Great Ego was extremely proud. The burden of his guilt for sins brought him down low.

रूप कराल कालिका धारा ।

सैन्य सहित तुम ताहि संहारा ॥

रूप कराल कालिका धारा ।

सैन्य सहित तुम ताहि संहारा ॥

**rūpa karāla kālikā dhārā**

**sainya sahita tuma tāhi saṁhārā**

As Kālī you wear an immense form. You destroyed the entire army in battle.

परी भीर सन्तन पै जब जब ।

भई सहाय मातु तुम तब तब ॥

परी भीर सन्तन पै जब जब ।

भई सहाय मातु तुम तब तब ॥

**parī bhīra santana pai jaba jaba**

**bhaīm sahāya mātu tuma taba taba**

Whenever your children are burdened with perplexity, then and there you manifest, Oh Mother, to render assistance.

अमरपुरी अरु बासव लोका ।

तब महिमा सब रहहि अशोका ॥

अमरपुरी अरु बासव लोका ।

तब महिमा सब रहहि अशोका ॥

**amarapurī aru bāsava lokā**

**taba mahimā saba rahahi aśokā**

Again and again you lead people to dwell in immortality. Then

all elucidate your greatness with great joy and tranquility.

बाला में है ज्योति तुम्हारी ।

पूजहिं तुमहिं सदा नर नारी ॥

बाला में है ज्योति तुम्हारी ।

पूजाहं तुमाहं सदा नर नारी ॥

**vālā meṁ hai jyoti tumhārī**

**pūjahim tumahim sadā nara nārī**

In all the inhabitants your light is burning. Men and women always perform your worship.

प्रेम भक्तियुत जो यश गावहिं ।

दुख दारिद्र्य निकट नहिं आवहिं ॥

प्रेम भक्तियुत जो यश गावहिं ।

दुख दारिद्र्य निकट नहिं आवहिं ॥

**prema bhaktiyuta jo yaśa gāvahim**

**dukha dāridra nikaṭa nahim āvahim**

Whoever will sing this praise with love and devotion, pain and discomfort will not come close to them.

ध्यावहिं तुम्हें जो नर मनलाई ।

जान्म मरण ते सो छुटि जाई ॥

ध्यावहिं तुम्हें जो नर मनलाई ।

जान्म मरण ते सो छुटि जाई ॥

**dhyāvahim tumheṁ jo nara manalāi**

**jānma maraṇa te so chuṭi jāi**

Whoever will meditate on you with full concentration, will escape from the cycle of birth and death.



जोगी सुर मुनि कहत पुकारी ।

योग न हो बिनु शक्ति तुम्हारी ॥

योगी सुर मुनि कहत पुकारी ।

योग न हो बिनु शक्ति तुम्हारी ॥

**jogī sura muni kahata pukārī**

**yoga na ho binu śakti tumhārī**

The yogis, Gods, and munis all call out, "Without your energy union is impossible!"

शिवशंकर अचरज तप कीन्हा ।

काम क्रोध कहैं बस करि लीन्हा ॥

शिवशंकर अचरज तप कीन्हा ।

काम क्रोध कहैं बस करि लीन्हा ॥

**śivaśamkara acaraja tapa kīnhā**

**kāma krodha kahaim basa kari līnhā**

Siva Śankar performed a most wonderful tapasya by which He defeated Anger and Passion.

निशिदिन ध्यान धरहु शंकर को ।

काहु काल नहिं सुमिरो तुमको ॥

निशिदिन ध्यान धरहु शंकर को ।

काहु काल नहिं सुमिरो तुमको ॥

**niśidina dhyāna dharahu śamkara ko**

**kāhu kāla nahim sumiro tumako**

Even though one meditates upon Siva every day, he can never reach to the heights of your attainment.

शक्ति रूप को मरम न पायो ।

शक्ति गई तब मन पछितायो ॥

शक्ति रूप को मरम न पायो ।

शक्ति गई तब मन पछितायो ॥

**śakti rūpa ko marama na pāyo**

**śakti gaī taba mana pachitāyo**

The form of energy is never destroyed. Who sings in praise of Energy, his mind will endure.

शरणागत हुई कीर्ति बखानी ।

जय जय जय जगदम्ब भवानी ॥

शरणागत हुई कीर्ति बखानी ।

जय जय जय जगदम्ब भवानी ॥

**śaraṇāgata huī kīrti bakhānī**

**jaya jaya jaya jagadamba bhavānī**

Who takes refuge in you, fame will increase. Victory, victory, victory to the Divine Mother of the Universe, Mother of Existence!

भई प्रसन्न आदि जगदम्बा ।

दीन्ह शक्ति नहिं कीन्ह विलम्बा ॥

भई प्रसन्न आदि जगदम्बा ।

दीन्ह शक्ति नहिं कीन्ह विलम्बा ॥

**bhaim prasanna ādi jagadambā**

**dīnha śakti nahim kīnha vilambā**

Please be pleased, Oh Mother of the Universe. Give me energy without further delay.



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मोको मातु कष्ट अति घेरो ।

तुम बिनु कौन हरे दुःख मेरो ॥

मोको मातु कष्ट अति घेरो ।

तुम बिनु कौन हरे दुःख मेरो ॥

moko mātu kaṣṭa ati ghero

tuma binu kauna hare duḥkha mero

Oh Mother, I am surrounded by difficulties. Other than you, who can take away my pain?

आशा तृषणा निपट सतावै ।

रिपु मूरख मोहि अति डरपावै ॥

आशा तृषणा निपट सतावै ।

रिपु मूरख मोहि अति डरपावै ॥

āśā tṛṣṇā nipaṭa satāvai

ripu mūrakha mohi ati ḍarapāvai

Wishes and desires are extremely tormenting. The ignorance caused by foolish limitations is extremely fearful.

शत्रु नाश कीजै महारानी ।

सुमिराहु एक चित तुमहि भवानी ॥

शत्रु नाश कीजै महारानी ।

सुमिराहु एक चित तुमहि भवानी ॥

śatru nāśa kījai mahārānī

sumirāhu eka cita tumahi bhavānī

Oh Great Queen, please destroy all enemies. Let me recollect One Consciousness, and let that be You, Oh Mother of Existence.

करहु कृपा हे मातु दयाला ।

ऋद्धि सिद्धि दै करहु निहाला ॥

करहु कृपा हे मातु दयाला ।

ऋद्धि सिद्धि दै करहु निहाला ॥

karahu kṛpā he mātu dayālā

rddhi siddhi dai karahu nihālā

Give me your Grace, Oh Compassionate Mother. Give increase to perfection causing Supreme Happiness.

जब लगि जियहुँ दया फल पाऊँ ।

तुम्हारो जस मैं सदा सुनाऊँ ॥

जब लगि जियहुँ दया फल पाऊँ ।

तुम्हारो जस मैं सदा सुनाऊँ ॥

jaba lagi jiyahuñ dayā phala pāuñ

tumhāro jasa main sadā sunāuñ

When the fruit of Compassion touches my heart, I only want to always sing your praises.

दुर्गा चालीसा जो नर गावैं ।

सब सुख भोगि परम पद पावैं ॥

दुर्गा चालीसा जो नर गावैं ।

सब सुख भोगि परम पद पावैं ॥

durgā cālīsā jo nara gāvaim

saba sukha bhogi parama pada pāvaim

Whoever sings this Durgā Cālīsā, Praise of the Divine Mother, will enjoy the highest happiness and attain the most exalted respect.



मो कहँ निज शरणागत जानी ।

करहु कृपा जगदम्ब भवानी ॥

मो कहँ निज शरणागत जानी ।

करहु कृपा जगदम्ब भवानी ॥

mo kahañ nija śaraṇāgata jānī  
karahu kṛpā jagadamba bhavānī

Where will I find my own refuge? Please give me your Grace,  
Oh Mother of the Universe, Mother of Existence.

दोहा

दोहा

dohā

सिंहावाहिनी मातु तुम मुदमंगल दातार ।

करहु कृपा जनि जानिके पर्यो तुम्हारे द्वार ॥

सिंहावाहिनी मातु तूम मुदमङ्गल दातार ।

करहु कृपा जानि जानिके पर्यो तुम्हारे द्वार ॥

siṃhāvāhinī mātu tuma mudamaṅgala dātāra

karahu kṛpā jani jānike paryo tumhāre dvāra

Mother, you ride upon a lion, Grantor of Delight and Welfare.

Oh Mother of all beings, give Grace to your children, who have  
fallen at your door.

श्री दुर्गा माता कि जय

श्री दुर्गा माता कि जय

śrī durgā mātā ki jaya

Victory to the respected Durgā Mā

चण्डी माँ की आरती

चण्डी माँ की आरती

caṇḍī mā kī āratī

Be Victorious!

जय चण्डी जय जय (माँ) जय चण्डी जय जय

भयहारिणि भवतारिणि भवभामिनि जय जय

ॐ जय चण्डी जय जय

जय चण्डी जय जय (माँ) जय चण्डी जय जय

भयहारिणि भवतारिणि भवभामिनि जय जय

जय चण्डी जय जय

jaya caṇḍī jaya jaya (mām) jaya caṇḍī jaya jaya

bhaya hāriṇi bhava tāriṇi (2) bhava bhāmini jaya jaya

om jaya caṇḍī jaya jaya

Be Victorious! Oh Goddess Who Tears Apart Thought! Be  
Victorious! You take away all fear and illuminate the intensity of  
reality. Be Victorious!

तू ही सत-चित-सुखमय शुद्ध ब्रह्मरूपा (माँ)

सत्य सनातन सुन्दर पर-शिव सूर-भूपा

ॐ जय चण्डी जय जय

तू ही सत-चित-सुखमय शुद्ध ब्रह्मरूपा (माँ)

सत्य सनातन सुन्दर पर-शिव सूर-भूपा

जय चण्डी जय जय

tū hī sata cita sukhamaya śuddha brahmarūpā (mām)

satya sanātana sundara (2) para śiva sūra bhūpā

om jaya caṇḍī jaya jaya



You are the essence of Truth, Consciousness, Happiness, the form of Pure Conscious Being. You are the beauty of Eternal Truth. Beyond infinite goodness, you rule over all the Gods. Be Victorious!

आदि अनादि अनामय अविचल अविनाशी (माँ)

अमल अनन्त अगोचर अज आनन्दराशी

ॐ जय चण्डी जय जय

आदि अनदि अनामय अविचल अविनाशी (माँ)

अमल अनन्त अगोचर अज आनन्दराशी

जय चण्डी जय जय

**ādi anādi anāmaya avicala avināśī (mām)**

**amala ananta agocara (2) aja ānandarāśī**

**om jaya caṇḍī jaya jaya**

The beginning, without beginning, unseverable; motionless and indestructible; Bright, infinite, imperceptible, unborn, the great collection of Bliss. Be Victorious!

अविकारी अघहारी अकल कलाधारी (माँ)

कर्ता विधि भर्ता हरि हर संहारकारी

ॐ जय चण्डी जय जय

अविकारी अघहारी अकल कलाधारी (माँ)

कर्ता विधि भर्ता हरि हर संहारकारी

जय चण्डी जय जय

**avikārī aghahārī akala kalādhārī (mām)**

**kartā vidhi bhartā hari (2) hara saṁhārakārī**

**om jaya caṇḍī jaya jaya**

Changeless, holy One, sinless, bearer of individual phenomena;

created by Brahmā, sustained by Viṣṇu, and Śiva who dissolves this creation. Be Victorious!

तु विधि वधू रमा तू उमा महामाया (माँ)

मूलप्रकृति विद्या तू तू जननी जाया

ॐ जय चण्डी जय जय

तु विधि वधू रमा तू उमा महामाया (माँ)

मूलप्रकृति विद्या तू तू जननी जाया

जय चण्डी जय जय

**tū vidhi vadhū ramā tū umā mahā māyā (mām)**

**mūlaprakṛti vidyā tū (2) tū jananī jāyā**

**om jaya caṇḍī jaya jaya**

You are the wife of Brahmā, the wife of Viṣṇu (Ramā), the wife of Śiva (Umā), the Great Measurement of Consciousness. You are the knowledge of primordial existence, the Mother who gives birth to all. Be Victorious!

राम कृष्ण तू सीता ब्रजरानी राधा (माँ)

तू वाञ्छाकल्पद्रुम हारिणि सब बाधा

ॐ जय चण्डी जय जय

राम कृष्ण तू सीता ब्रजरानी राधा (माँ)

तू वाञ्छाकल्पद्रुम हारिणि सब बाधा

जय चण्डी जय जय

**rāma kṛṣṇa tū sītā brajarānī rādhā (mām)**

**tū vāñchā kalpadruma (2) hāriṇi saba bādhā**

**om jaya caṇḍī jaya jaya**

You are the consciousness of the subtle light of wisdom which merges with the ultimate. You are the Doer of All. You are Śīta,



the pure white one, the Queen of the multitude; Rādhā, the Ruler of all success. You are the desire of the wishfulfilling tree, taking away all obstructions. Be Victorious!

दश विद्या नव दुर्गा नानाशस्त्रकरा (माँ)

अष्टमातृका योगिनि नव नव रूप धरा

ॐ जय चण्डी जय जय

दश विद्या नव दुर्गा नानाशस्त्रकरा (माँ)

अष्टमातृका योगिनि नव नव रूप धरा

जय चण्डी जय जय

daśa vidyā nava durgā nānāśāstra karā (mām)

aṣṭa mātṛkā yogini (2) nava nava rūpa dharā

om jaya caṇḍī jaya jaya

You are the ten branches of knowledge (Mahā Vidyās), nine Relievers of Difficulties (nine Durgās). The various scriptures present you. The eight Mothers of union. Various are the forms that you assume. Be Victorious!

तू परधामनिवासिनि महाविलासिनि तू (माँ)

तू ही श्मशानविहारिणि ताण्डवलासिनि तू

ॐ जय चण्डी जय जय

तू परधामनिवासिनि महाविलासिनि तू (माँ)

तू ही श्मशानविहारिणि ताण्डवलासिनि तू

जय चण्डी जय जय

tū paradhāma nivāsini mahā vilāsini tū (mām)

tū hī śmaśāna viharīṇi (2) tāṇḍavalāsini tū

om jaya caṇḍī jaya jaya

You are the inhabitant of the highest residence. Yours is the

greatest beauty. You wander about the cremation grounds dancing to the rhythmic music. Be Victorious!

सुर मुनि मोहिनि सौम्या तू शोभाऽऽधारा (माँ)

विवसनविकट-सरूपा प्रलयमयी धारा

ॐ जय चण्डी जय जय

सुर मुनि मोहिनि सौम्या तू शोभाऽऽधारा (माँ)

विवसनाविकट-सरूपा प्रलयमयी धारा

जय चण्डी जय जय

sura muni mohini saumyā tū śobhā--dhārā (mām)

vivasana vikaṭ sarūpā (2) pralaya mayī dhārā

om jaya caṇḍī jaya jaya

You mesmerize the Gods and munis when you present your radiant beauty. All are helpless seeing your dreadful appearance at the time when you assume the form of total dissolution. Be Victorious!

तू ही स्नेह-सुधामयि तू अति गरलमना (माँ)

रत्नविभूषित तू ही तू ही अस्थि तना

ॐ जय चण्डी जय जय

तू ही स्नेह-सुधामयि तू अति गरलमना (माँ)

रत्नविभूषित तू ही तू ही अस्थि तना

जय चण्डी जय जय

tū hī sneha sudhāmayi tū ati garalamana (mām)

ratna vibhūṣita tū hī (2) tū hī asthi tanā

om jaya caṇḍī jaya jaya

You pervade Love and ease. You are extremely eminent. You are the Brilliance of the jewel. You are the invisible existence. Be Victorious!



মূল্যধারনিবাসিনি ইহ পর সিদ্ধি প্রদে (মাঁ)

কালাতীতা কালী কমল তু বরদে

ॐ জয় চণ্ডী জয় জয়

মূল্যধারনিবাসিনি ইহ পর সিদ্ধি প্রদে (মাঁ)

কালাতীতা কালী কমল তু বরদে

জয় চণ্ডী জয় জয়

**mūlādhāra nivāsini iha para siddhi prade (mām)**

**kālātītā kālī (2) kamala tū varade**

**om jaya caṇḍī jaya jaya**

You reside in the Mūlādhāra Chakra. You grant the highest attainment in this world. At the appointed time you are Kālī, the Remover of Darkness, and as the Lotus One you grant blessings. Be Victorious!

শক্তি শক্তিধর তু হী নিত্য অভেদময়ী (মাঁ)

ভেদপ্রদর্শিনি বাণী বিমলে বেদত্রয়ী

ॐ জয় চণ্ডী জয় জয়

শক্তি শক্তিধর তু হী নিত্য অভেদময়ী (মাঁ)

ভেদপ্রদর্শিনি বাণী বিমলে বেদত্রয়ী

জয় চণ্ডী জয় জয়

**śakti śakti dhara tū hī nitya abheda mayī (mām)**

**bheda pradarśini vāṇī (2) vimale vedatrayī**

**om jaya caṇḍī jaya jaya**

You are every form of energy, the eternal undistinguishable essence, the vibration which exposes change and distinction, and the spotlessly pure three Vedas. Be Victorious!

হম অতি দীন দুখী মাঁ বিপত-জাল ঘেরে (মাঁ)

হৈ কপূত অতি কপটী পর বালক তেরে

ॐ জয় চণ্ডী জয় জয়

হম অতি দীন দুখী মাঁ বিপত-জাল ঘেরে (মাঁ)

হৈ কপূত অতি কপটী পর বালক তেরে

জয় চণ্ডী জয় জয়

**ham ati dīna dukhī mām vipat jāla ghere (mām)**

**haiṁ kapūt ati kapaṭī (2) para bālaka tere**

**om jaya caṇḍī jaya jaya**

Since so many days we are in pain, Maa. We are bound by adversities and suffering. We are negligent and insincere, but still we are your children. Be Victorious!

নিজ স্বভাববশ জননী দয়া দৃষ্টি কীজৈ (মাঁ)

করুণা কর করুণাময়ি চরণ-শরণ দীজৈ

ॐ জয় চণ্ডী জয় জয়

নিজ স্বভাববশ জননী দয়া দৃষ্টি কীজৈ (মাঁ)

করুণা কর করুণাময়ি চরণ-শরণ দীজৈ

জয় চণ্ডী জয় জয়

**nija svabhāva vaśa janānī dayā dr̥ṣṭi kījai (mām)**

**karuṇā kara karuṇā mayi (2) caraṇa śaraṇa dījai**

**om jaya caṇḍī jaya jaya**

Endow us with your very own nature, Mother. Give us your mercy, Oh Merciful Mother! Give us the refuge of your lotus feet. Be Victorious!



जय चण्डी जय जय (माँ) जय चण्डी जय जय

भयहारिणि भवतारिणि भवभामिनि जय जय

ॐ जय चण्डी जय जय

জয় চণ্ডী জয় জয় (মাঁ) জয় চণ্ডী জয় জয়

ভয়হারিণি ভবতারিণি ভবভামিনি জয় জয়

জয় চণ্ডী জয় জয়

jaya caṇḍī jaya jaya (mām) jaya caṇḍī jaya jaya  
bhaya hāriṇi bhava tāriṇi (2) bhava bhāmini jaya jaya  
om jaya caṇḍī jaya jaya

Be Victorious! Oh Goddess Who Tears Apart Thought! Be Victorious! You take away all fear and illuminate the intensity of reality. Be Victorious!

#### Closing Prayers

दुर्गा शिवां शान्तिकरीं ब्रह्माणीं ब्रह्मणः प्रियाम् ।

सर्वलोक प्रणेत्रीञ्च प्रणमामि सदा शिवाम् ॥

दूर्गां शिवां शान्तिकरीं ब्रह्माणीं ब्रह्मणः प्रियाम् ।

সর্বলোক প্রণেত্রীঞ্চ প্রণমামি সদা শিবাম্ ॥

durgām śivām śāntikarīm brahmāṇīm brahmaṇaḥ priyām  
sarvaloka praṇetrīṇca praṇamāmi sadā śivām

The Reliever of Difficulties, Exposer of Goodness, Cause of Peace, Infinite Consciousness, Beloved by Knowers of Consciousness; all the inhabitants of all the worlds always bow to Her, and I am bowing to Goodness Herself.

मङ्गलां शोभनां शुद्धां निष्कलां परमां कलाम् ।

विश्वेश्वरीं विश्वमातां चण्डिकां प्रणमाम्यहम् ॥

মঙ্গলাং শোভনাং শুদ্ধাং নিষ্কলাং পরমাং কলাম্ ।

বিশ্বেশ্বরীং বিশ্বমাতাং চাঁড়িকাং প্রণমাম্যহম্ ॥

maṅgalām śobhanām śuddhām niṣkalām paramām kalām  
viśveśvarīm viśvamātām caṇḍikām praṇamāmyaham

Welfare, Radiant Beauty, Completely Pure, Without Limitations, the Ultimate Limitation, the Lord of the Universe, the Mother of the Universe, to you Caṇḍi, to the Energy which Tears Apart Thought, I bow in submission.

सर्वदेवमयीं देवीं सर्वरोगभयापहाम् ।

ब्रह्मेशविष्णुनमितां प्रणमामि सदा शिवाम् ॥

সর্বদেবময়ীং দেবীং সর্বরোগভয়াপহাম্ ।

ব্রহ্মেশবিষ্ণুনামিতাং প্রণমামি সদা শিবাম্ ॥

sarvadevamayīm devīm sarvarogabhayaṇpahām  
brahmeśaviṣṇunamitām praṇamāmi sadā śivām

Composed of all the Gods, removing all sickness and fear, Brahma, Maheshwar and Viṣṇu bow down to Her, and I always bow down to the Energy of Infinite Goodness.

विन्ध्यस्थां विन्ध्यनिलयां दिव्यस्थाननिवासिनीम् ।

योगिनीं योगजननीं चण्डिकां प्रणमाम्यहम् ॥

বিদ্যাস্থাং বিদ্যানিলয়াং দিব্যস্থাননিবাসিনীম্ ।

যোগিনীং যোগজননীং চাঁড়িকাং প্রণমাম্যহম্ ॥

vindhyasthām vindhyanilayām divyasthānanivāsinīm  
yoginīm yogajananīm caṇḍikām praṇamāmyaham



The dwelling place of Knowledge, residing in Knowledge, Resident in the place of Divine Illumination, the Cause of Union, the Knower of Union, to the Energy Which Tears Apart Thought we constantly bow.

ईशानमातरं देवीमीश्वरीमीश्वरप्रियाम् ।

प्रणतोऽस्मि सदा दुर्गा संसारार्णवतारिणीम् ॥

ईशानमातरं देवीमीश्वरीमीश्वरप्रियाम् ।

प्रणतोऽस्मि सदा दुर्गा संसारार्णवतारिणीम् ॥

**Īśānamātaram devīmīśvarīmīśvarapriyām  
praṇato-smi sadā durgāṃ saṃsārāṇavatāriṇīm**

The Mother of the Supreme Consciousness, the Goddess Who is the Supreme Consciousness, beloved by the Supreme Consciousness, we always bow to Durgā, the Reliever of Difficulties, who takes aspirants across the difficult sea of objects and their relationships.

ॐ महादेव महात्रान महायोगि महेश्वर ।

सर्वपाप हरां देव मकाराय नमो नमः ॥

ॐ महादेव महात्रान महायोगि महेश्वर ।

सर्वपाप हरां देव मकाराय नमो नमः ॥

**om mahādeva mahātrāṇa mahāyogi maheśvara  
sarvapāpa harāṃ deva makārāya namo namaḥ**

Om The Great God, the Great Reliever, the Great Yogi, Oh Supreme Lord, Oh God who removes all Sin, in the form of the letter "M" which dissolves creation, we bow to you again and again.

ॐ नमः शिवाय शान्ताय कारणत्राय हेतवे ।

निवेदायामि चात्मानं त्वं गति परमेश्वर ॥

ॐ नमः शिवाय शान्ताय कारणत्राय हेतवे ।

निवेदायामि चात्मानं त्वं गति परमेश्वर ॥

**om namaḥ śivāya śāntāya kāraṇatrāya hetave  
nivedāyāmi cātmānaṃ tvaṃ gati parameśvara**

Om I bow to the Consciousness of Infinite Goodness, to Peace, to the Cause of the three worlds, I offer to you the fullness of my soul, Oh Supreme Lord.

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।

त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वम् मम देवदेव ॥

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।

त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वम् मम देवदेव ॥

**tvameva mātā ca pitā tvameva  
tvameva bandhūśca sakhā tvameva  
tvameva vidyā dravinam tvameva  
tvameva sarvam mama deva deva**

You alone are Mother and Father, you alone are friend and relative. You alone are knowledge and wealth, Oh my God of Gods, you alone are everything.

कयेन वच मनसेन्द्रियैर्बुद्ध्यात्मा नव प्रकृत स्वभवत् ।

करोमि यद्यत् सकलम् परस्मै नारायणायेति समर्पयामि ॥

कयेन वच मनसेन्द्रियैर्बुद्ध्यात्मा नव प्रकृत स्वभवत् ।

करोमि यद्यत् सकलम् परस्मै नारायणायेति

समर्पयामि ॥

**kayena vaca manasendriyaiṛva  
buddhyātmā nava prakṛta svabhavat  
karomi yadyat sakalam parasmai  
nārāyaṇāyeti samarpayāmi**



Body, speech, mind, the five organs of knowledge (five senses) and the intellect; these nine are the natural condition of human existence. In their highest evolution, I move beyond them all, as I surrender completely to the Supreme Consciousness.

ॐ पापोऽहं पापकर्महं पापात्मा पापसम्भव ।

त्राहिमं पुण्डरीकक्षं सर्वपाप हरो हरि ॥

ॐ पापोऽहं पापकर्महं पापात्मा पापसम्भव ।

त्राहिमं पुण्डरीकक्षं सर्वपाप हरो हरि ॥

**om pāpo-haṁ pāpakarmahaṁ pāpātmā pāpasambhava trāhimam puṇḍarīkakṣam sarvapāpa haro hari**

Om I am of sin, confusion, duality; my actions are of duality; this entire existence is of duality. Oh Savior and Protector, Oh Great Consciousness, take away all sin, confusion, duality.

ॐ मन्त्रहीनं क्रियाहीनं भक्तिहीनं सुरेश्वरि ।

यत्पूजितं मया देवि परिपूर्णं तदस्तु मे ॥

ॐ मन्त्रहीनं क्रियाहीनं भक्तिहीनं सुरेश्वरि ।

यत्पूजितं मया देवि परिपूर्णं तदस्तु मे ॥

**om mantrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ sureśvari yatpūjitaṁ mayā devi paripūrṇaṁ tadastu me**

Om I know nothing of mantras. I do not perform good conduct. I have no devotion, Oh Supreme Goddess. But Oh my Goddess, please accept the worship that I offer.

त्वमेव प्रत्यक्षम् ब्रह्माऽसि । त्वमेव प्रत्यक्षम् ब्रह्मा वदिश्यामि ।

रितम् वदिश्यामि, सत्यम् वदिश्यामि । तन मामवतु,

तद वक्तारमवतु । अवतु माम्, अवतु वक्तारम् ॥

इमेव प्रत्यक्षम् ब्रह्माऽसि । इमेव प्रत्यक्षम् ब्रह्मा वदिश्यामि ।  
रितम् वदिश्यामि, सत्यम् वदिश्यामि ।

तन मामवतु, तद वक्तारमवतु । अवतु माम्, अवतु  
वक्तारम् ॥

**tvameva pratyakṣam brahmā-si tvameva pratyakṣam brahmā vadiśyāmi ritam vadiśyāmi, satyam vadiśyāmi tan māmavatu, tad vaktāramavatu avatu mām, avatu vaktāram**

You alone are the Perceivable Supreme Divinity. You alone are the Perceivable Supreme Divinity, so I shall declare. I shall speak the nectar of immortality. I shall speak Truth. May this body be your instrument. May this mouth be your instrument. May the Divine always be with us. May it be thus.

ॐ सह नावतु, सह नौ भुनक्तु । सह वीर्यं करवावहे ।

तेजस्विनावधीतमस्तु । मा विद्विशावहे ॥

ॐ सह नावतु, सह नौ भुनक्तु ।

सह वीर्यं करवावहे । तेजस्विनावधीतमस्तु ।

मा विद्विशावहे ॥

**om saha nāvavatu saha nau bhunaktu saha vīryam karavāvahai tejasvināvadhītamastu mā vidviśāvahai**

Om May the Lord protect us. May the Lord grant us enjoyment of all actions. May we be granted strength to work together. May our studies be thorough and faithful. May all disagreement cease.

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ॥



ওঁ অসতো মা সদ্গময় । তমসো মা জ্যোতির্গময় ।

মৃত্যোর্মা অমৃতং গময় ॥

om asatomā sadgamaya

tamasomā jyotirgamaya

mṛtyormā amṛtaṁ gamaya

Om From the untruth lead us to Truth. From darkness lead us to the Light. From death lead us to Immortality.

ওঁ সর্বেষাং স্বস্তির্ভবতু । সর্বেষাং শান্তির্ভবতু । সর্বেষাং পূর্ণং ভবতু ।

সর্বেষাং মঙ্গলং ভবতু । সর্বে ভবন্তু সুখিনঃ । সর্বে শান্তু নিরময়াঃ ।

সর্বে ভদ্রাণি পশ্যন্তু । মা কশ্চিদ্ দুঃখ ভাগ্ভবেৎ ॥

ওঁ সর্বেষাং স্বাস্তির্ভবতু । সর্বেষাং শান্তির্ভবতু । সর্বেষাং

পূর্ণং ভবতু । সর্বেষাং মঙ্গলং ভবতু । সর্বে ভবন্তু

সুখিনঃ । সর্বে শান্তু নিরময়াঃ । সর্বে ভদ্রাণি পশ্যন্তু ।

মা কশ্চিদ্ দুঃখ ভাগ্ভবেৎ ॥

om sarveṣaṁ svastir bhavatu sarveṣaṁ śāntir bhavatu

sarveṣaṁ pūrṇaṁ bhavatu sarveṣaṁ maṅgalaṁ bhavatu

sarve bhavantu sukhinaḥ sarve śantu niramayāḥ

sarve bhadraṇi paśyantu mā kaścīd duḥkha bhāgbhavet

Om May all be blessed with the highest realization. May all be blessed with Peace. May all be blessed with Perfection. May all be blessed with Welfare. May all be blessed with comfort and happiness. May all be free from misery. May all perceive auspiciousness. May all be free from infirmities.

গুরুব্রহ্মা গুরুবিষ্ণুঃ গুরুদেবো মহেশ্বরঃ ।

গুরুসাক্ষাৎ পরং ব্রহ্মা তস্মৈ শ্রীগুরবে নমঃ ॥

গুরুব্রহ্মা গুরুবিষ্ণুঃ গুরুদেবো মহেশ্বরঃ ।

গুরুসাক্ষাৎ পরং ব্রহ্মা তস্মৈ শ্রীগুরবে নমঃ ॥

gurur brahmā gururviṣṇuḥ gururdevo maheśvaraḥ

gurusākṣāt paraṁ brahmā tasmai śrīgurave namaḥ

The Guru is Brahma, Guru is Viṣṇuḥ, Guru is the Lord Maheśvaraḥ. The Guru is actually the Supreme Divinity, and therefore we bow down to the Guru.

ওঁ ব্রহ্মার্পণং ব্রহ্ম হবির্ব্রহ্মাগ্নৌ ব্রহ্মাণা হুতম্ ।

ব্রহ্মৈব তেন গন্তব্যং ব্রহ্মকর্মসমাধিনা ॥

ওঁ ব্রহ্মার্পণং ব্রহ্ম হবির্ব্রহ্মাগ্নৌ ব্রহ্মাণা হুতম্ ।

ব্রহ্মৈব তেন গন্তব্যং ব্রহ্মকর্মসমাধিনা ॥

om brahmārpaṇaṁ brahma havir

brahmāgnau brahmaṇā hutam

brahmaiva tena gantavyaṁ brahmakarmasamādhinā

Om The Supreme Divinity makes the offering; the Supreme Divinity is the offering; offered by the Supreme Divinity, in the fire of the Supreme Divinity. By seeing the Supreme Divinity in all actions, one realizes that Supreme Divinity.

ওঁ পূর্ণমদঃ পূর্ণমিদং পূর্ণাৎ পূর্ণমুদচ্যতে ।

পূর্ণস্য পূর্ণমাদায় পূর্ণমিবাশিষ্যতে ॥

ওঁ পূর্ণমদঃ পূর্ণমিদং পূর্ণাৎ পূর্ণমুদচ্যতে ।

পূর্ণস্য পূর্ণমাদায় পূর্ণমিবাশিষ্যতে ॥

om pūrṇamadāḥ pūrṇamidam pūrṇāt pūrṇamudacyate

pūrṇasya pūrṇamādāya pūrṇamevāva śiṣyate



Om That is whole and perfect; this is whole and perfect. From the whole and perfect, the whole and perfect becomes manifest. If the whole and perfect issue forth from the whole and perfect, even still only the whole and perfect will remain.

ॐ शान्तिः शान्तिः शान्तिः

ॐ शान्तिः शान्तिः शान्तिः

om śāntiḥ śāntiḥ śāntiḥ

Om Peace, Peace, Peace

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